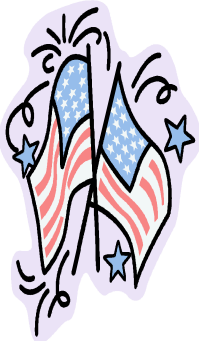
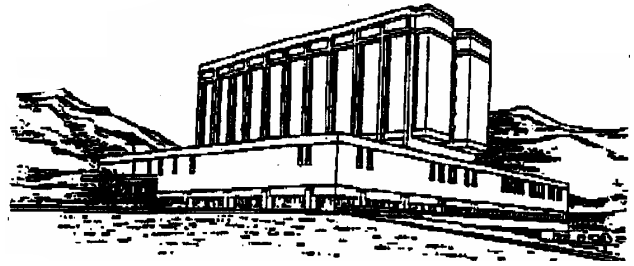


WBAMC

FAMILY READINESS GROUP NEWSLETTER

FALL 2006
VOLUME 2, ISSUE 10



Welcome Home

SSG Glenn Mingoa
Lt. Erin Ropelewski
SSG Jeremy Vail
SSG Burt Hensley
Maj. Janette Blackmore
Maj. Joseph HSU
LTC Kathryn Moore
Sgt. Andrew Simms
Lt. Amanda Merritt
Lt. Ashley O'Neil
SSg Denny Choate
Lt. Jennifer Tofte
Lt. Elizabeth Flege
Maj. Linda Moore
Cpt. Thomas Chenowith
SGT Nickie Taylor
Sgt. Rebecca Ferm
SSg Sonya Ross
Cpt. Christian Swift
Sgt. Candi Piper
Spc Patricia Banks
Spc. Shad Houser
Spc Cory Summerville
Cpt Jerry Rivera-Santiago
Spc Ruben Santa-Cruz
Cpt. Greg Whitaker
Cpt. Darnell Peters
Cpt. Scott Kerns
LTC Richard Walker
Sgt. Tananisha Myles
Sgt. Brian Hawkins

Hospital Ready

By Col. Powel
WBAMC Hospital Commander



I want to take this opportunity to say "hello". Angie, the kids and I are very pleased to be a part of the William Beaumont team.

These are exciting times. We are in the middle of what some folks are calling the "Long War on Terrorism". This puts the hospital in a constant transition requiring us to deploy our professional soldiers to Iraq and Afghanistan on a regular basis. It is a safe bet that we will continue to deploy our folks for the foreseeable future.

WBAMC will see an influx of returning soldiers as a result of some large units deploying to the theatre of operations. 4/1 CAV will shortly deploy and as much as we would like to discount the possibilities, there will be a number of wounded warriors returning that will require our expert care. We will also have significant increase over the next several years in the numbers of soldiers and family members at Fort Bliss.

Each of us, as soldiers and as family members, has a role in meeting this challenge. The Family Readiness Group is one tangible way to support this effort. I am proud to be part of this organization and humbled to be working with all of you.



Operation Holly Daze IV

Operation Holly Daze IV is back again! We will collect donations for our deployed soldiers Oct. 30 through Nov 9. Boxes will be placed on 1st Floor by the elevators.

Donations should be able to fit in a 11x8x5 size flat rate mailing box.

Suggestions- NO BIG ITEMS PLEASE

Magazines, books, crossword puzzles, playing cards, jerky, envelopes of drink mixes, small holiday decorations, small games, pens, stationary, blank cards, Holiday Socks. Be creative and think of something fun.

Packing the boxes will begin on November 9th at 0930 in the CAR (next to the Credit Union)

POC: Mary Fran LeMar 585-1975 or LEMARHO@aol.com

Calendar of Events

Oct. 18 – Job Fair, 9 a.m. – 2 p.m. Centennial Club, BAAF. Bring resumes and dress for success

Oct. 21-Ft. Bliss Yard Sale Fundraiser at 5544 Roenstock, Ft. Bliss. To make a donation, call 566-1953.

Oct. 28 – Fall Fun Festival 12-3 p.m. at the Ft. Bliss Officer's Club

Oct. 30 – Operation Holly Daze IV Collection begins

Nov. 1 – Ticket Sales begins for WBAMC Holiday Ball (Dec. 9)

Nov. 8 – Blood Drive

Nov. 13 – FRG Monthly Meeting and Holly Daze IV packing – 9:30 a.m. in the CAR

Nov. 23 – Thanksgiving

Dec. 4 – FRG monthly meeting at 9:30 a.m. in the Surgical Conference Room

Dec. 9 - WBAMC Holiday Ball 6 p.m. – midnight, Centennial Club, BAAF



Fall FRG Fundraiser

Clean out your closets and help the FRG! The FRG is looking for donated items to sell at the Fort Bliss yardsale on Oct. 21. Donated items can be dropped off at the FRG room, 1st Floor on Oct. 20 from 9 a.m. – 1 p.m. Other drop off sites are Westside, Mary Fran at 585-1975, Northeast, Janet Lee at 217-7101 and Fort Bliss, Cindy Barrington at 566-1953. Our yard sale location is at 554 Roenstock, Fort Bliss (new housing area.)

If you would like to help the day of the sale, call Cindy at 566-1953.

O'Club Fall Fun Festival will be on Oct 28th at the Officers Club on Ft Bliss from 12-3pm. The FRG will have a table and will be selling drinks (soda and water) and popcorn balls. If you would like to make some popcorn balls or work the table for this event, please call Mary Fran (585-1975).

All money made at these two events will be used for the packages we will be sending to our deployed soldiers in November.



The FRG Newsletter is now online!

<http://www.wbamc.amedd.army.mil/frg/FRGMain.html>

If you would like the newsletter sent to you via e-mail, please contact Mary Fran LeMar at LEMARHO@AOL.COM

Submissions to the newsletter may be sent to Janet Lee at lee2439@sbcglobal.net

FRG Officers:

Angie Powell	Advisor	
Mary Fran LeMar	Coordinator	585-1975
Cindy Barrington	Assistant Treasurer	566-1953
Janet Lee	Newsletter Editor	217-7101
Debbie Kembro	Secretary	822-9390
Mary Fran LeMar	FRG POC	585-1975

Positions Available:

- Assistant Coordinator
- Hospitality
- POC's

If interested please call Mary Fran. 585-1975

Newcomer Services

•Newcomer Briefings: Daily at ACS-- Call 568-1132

•Junior Enlisted Family Center—can provide food, diapers, and household goods to families in need.

•Project Endeavor (At ACS)—Help for family members seeking employment

•School Liaison (At ACS)—information & assistance with schools and home school programs

Helpful Information:

Family Assistance Center: 568-1132

Red Cross: 569-2483 or

Emergency Messages: 1-877-272-7337

WBAMC Appointments 569-CARE (2273)



Notes From the WBAMC FRG

Autumn is here and maybe the rains have stopped! The last couple of months have been busy ones for us. We have welcomed our new advisor, Angie Powell. We have a new newsletter editor, Janet Lee. The FRG in the next few months will be welcoming home our profis from several CSHs as well as line units who have been gone for a year. We will also be sending off other profis for their tours and connecting with their families. I hope that you all will be able to help us throughout this time. Many hands make these times less stressful for all.

In October, we will have two fundraisers, a yard sale on Oct. 21 and O'Club Fall Fun Festival Oct. 28. Both events will help us raise money for our Christmas packages that we will be sending in November. If you have a few minutes to help with these let us know. Operation Holly Daze IV will begin collecting items for these packages Oct. 31 and will finish with packing boxes on Nov. 9. This is a fun time so please join us. Our soldiers really appreciate these.

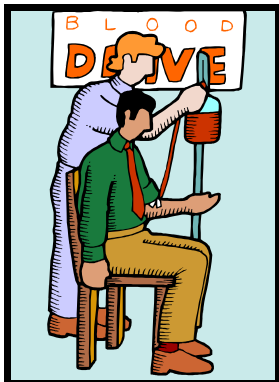
Mary Fran LeMar Lemarho@aol.com



ACS Employment Readiness – Jumpstart

Your Job Search: With Proven Strategies that

Work! -Jumpstart on your job search by learning valuable, powerful methods and techniques to land your ideal job! This class will cover common job seeker pitfalls, how to utilize the F.O.C.U.S. method, proven techniques to strategize and evaluate your search plan, practical goal-setting exercises, and advice on how to maximize your time to develop an efficient full-circle job search strategy. Avoiding the job search blues will also be covered. **October 24, 1330-1530, November 14, 1330-1530.** Call 568-1132 to sign up. Free child care available with advanced registration with the Child Development Center .



Blood drive date announced

The blood bank has set November 8 as the next donation day. The Blood Bank is also now able to take appointments. Interested donors can log onto www.militarylifeforce.com and schedule their appointment, this way they can be seen right away. All blood collected will go for the supply needed for our deployed soldiers and for patient needs at the WBAMC. Please consider give at this time. Blood given to a civilian Blood Bank does not go toward our requirements for our military soldiers and families. WBAMC will have to buy it back if we have a need for blood units to fulfill our demand. Go to <http://www.militaryblood.dod.mil> for eligibility.



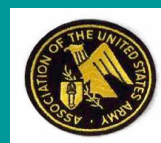
JOB FAIR

OCTOBER 18th, 2006

★ 9:00 am – 2:00 pm ★
Centennial Club,
Biggs Army Airfield

- *Bring Copies of Your Resume*
- *Dress for Success*

Brought to you by:





Helpful Hints

by Janet Lee
Editor

It came to our attention that many of us are somewhat “inept” at dealing with the things that we usually come to depend on our spouse for. For example, one of our FRG “team members” assisted a friend whose car would not start. After a brief inspection, they found the battery cables corroded. Using a common household product – a can of soda, the friend and her car were well on their way.

Now, we’ve learned two things from this story. Soda will eat corrosion off battery cables – is it healthy? And sometimes a complicated problem (i.e. – car won’t start) can be fixed with a simple solution.

This editor does not pretend to be a motor head or any other slang associated with car repair people. In fact, I have great respect for those who know their way around a car engine. However by driving a seven year old plus vehicle, I’ve had to make myself an expert in some matters.

The best advice I can give to someone is to make yourself an emergency kit. In this kit, provide yourself with jumper cables, extra engine oil and transmission fluid, a can of tire fix (also known by trade name Fix-A-Flat) an air pump which can be plugged into a cigarette lighter, flashlight, tape and a gallon of water. Hopefully if you have a flat tire or a dead battery, these things will help you get your car started and to a garage or friend for further help.

Education is also another great idea. Most installations, include Fort Bliss, have an Auto Skills Center. My best piece of advice is to run (or drive) to the Fort Bliss Auto Skills Shop at building 820 on Fort Bliss. The shop offers an Auto Maintenance and Safety class every Thursday evening at 6 p.m. and every Saturday morning at 8 a.m. The mechanics will teach you simple things, such as how to check your tire pressure and answer any routine maintenance question you may have.

For cost and other information, call 915-568-7280/1172.

Due to staffing shortages, WBAMC had to temporary close the Tel-A-Nurse (TAN) line on weekends. On Oct. 21, the TAN will re-open on weekends from 9 a.m. to 5 p.m. Weekday hours will remain 7 a.m. to 11 p.m. On Nov.18, TAN hours will be back to 7 a.m. to 11 p.m. seven-days-a-week.



This & That:

VET CLINIC SERVICES

The Vet Clinic offers Walk-In Wellness clinics (vaccines, microchips, deworming, heartworm and feline leukemia tests) every Tuesday, Wednesday, and Thursday from 9 to 11:30 a.m. and from 1 to 3:30 p.m. If you pet needs to be seen for something other than vaccines, we offer Sick Call appointments every Tuesday and Thursday – call 569-2266 to schedule an appointment. Lastly, our lobby hours for clearing, pet registration and for sale of Heartguard medications and flea and tick preventatives are Monday through Thursday from 9 a.m. to noon and 1 to 4 p.m.; and on Fridays from 9 a.m. to noon and 1 to 3 p.m.

CDC SATURDAY OPENINGS

Main Child Development Center, Bldg 1730 is open on Saturdays from 1 p.m. to midnight. All parents wanting to use the center for any purpose on Saturday’s can make reservations by calling 568-5689.

Fort Bliss Youth Services has activities for children of all ages. Youth who participate in the program must be registered at CVS. Activities include dance classes, martial arts, cheerleading, piano and swimming. Call 568-2617 for more information.

Mickelsen Community Library - hosts Read Me a Story every Tuesday morning at 10 a.m. for children ages 2 through 5. The library also hosts Family Story Time for 2 through 6 year old on Saturdays at 10:30 a.m. Each session lasts 30-45 minutes. The library is located in the basement of E wing, Hinman Hall, Bldg. 2 on Fort Bliss. A parent or guardian must stay with the child. For more information, call 568-6156.



DEPLOYMENT & REDEPLOYMENT INFORMATION

3 Free Hours of Childcare for Deployed Families

- Contact the Childcare Center at 568-4374 for more information.
- Registration at the Childcare Center is required.
- A copy of the deployed spouse's orders is required.

Tips for Surviving a Deployment

- Get plenty of rest
- Exercise
- Use whatever type of communication (e-mail, letters, tapes, etc.) that is available to your soldier
- Learn a new skill
- Get to know your neighbors
- Go out occasionally with your friends
- Get a sitter or child swap with a friend and go shopping
- Stick to your child's routine
- Break up the week with a special activity
- Don't watch the news all the time
- Go to your FRG meeting
- Volunteer

Homecoming Coping Strategies

- Don't play who had it worst
- Stay flexible
- Avoid Criticism
- Anticipate fatigue
- Focus on the positive
- Go slowly
- Watch finances
- Expect Chance
- Plan family togetherness



WBAMC Chapel Services

Weekly M-F 1205 Catholic Mass
1st Saturday of the Month Catholic Mass 1205
Weekend Catholic Mass Saturday 1700 Only
Sunday Catholic Mass 0835 and again at 1135
Sunday Protestant Service 1000



PWOC: Protestant Women of the Chapel

(Ft. Bliss Ladies Christian Fellowship)

- When: Wednesdays 0930-1200 Where: Religious Activities Center (Pershing & Merit), but meet at the Chapel (next to the RAC) first for Praise & Worship
- Free Childcare available at both meeting times with "home school" rooms available in the morning
- Everyone Welcome!! Join us for Praise & Worship, Fellowship & Food, Bible Study & Prayer.
- For more information contact Lisa @566-9565

WBAMC DEPLOYED SOLDIERS' MAILING ADDRESSES



212 CSC

Rank, Soldiers Full Name
212 CSC
FOB Summerall
APO-AE 09393

MNF-1

Rank, Soldiers full Name
MNF-1 Surgeon's Office
Victory
APO AE 09342

650th ASG

Rank, Soldiers full Name
FOB Caldwell (IAG)
APO AE 09324

704th SB/4ID

Rank, Soldiers full Name
C704SB 4ID
Unit#42502
APO AE 09361-2502

MN C-1

(Rank) Soldiers Full Name
MNC-I Surgeon Office
APO-AE 09342-1400

MNSTC-1

Rank, Soldiers Full Name
MNSTC-I Health Affairs
APO-AE 09348

1-6th INF/1AD

Rank & Soldiers Full Name
HHC1/6INF
APO AE 09330

704th SB/4ID

Rank & Soldier's Name
C 704 SB 4ID
Unit # 42502
APO AE 09361-2502

1-61st CAV

Rank & Soldier's Name
HHC, 4th BTC
Unit #41505
APO AE 09390-1505

14th CSH (Bagram)

Rank, Soldiers Full Name
14th Combat Support
Hospital
Task Force Med
Apo AE 09354

2/8 INF/4 ID

Rank, Soldier's Name
Medic Station
HHC,2-8 INF BN, 4ID
Unit: NC 24
APO AE 09312

1-22INF/4th ID

Rank, Soldier's Name
HHC, 1-22 Infantry, Medics
Unit # 42506
APO AE 09361-2506

981st Med Det

Rank, Soldier's Name
981st Preventive Medicine Detachment
Camp Buehring, Kuwait
APO AE 09330

14th CSH (Kandahar)

Rank, Soldiers Full Name
14th Combat Support Hospital
APO-AE 09355

14th CSH (Salerno)

Rank, Soldiers Full Name
14th Combat Support Hospital
APO AE 09314

What is a Power of Attorney?

by MAJ Paul Lee
Center Judge Advocate

Large corporations conduct business through designated, authorized agents. Individuals too, may designate legal agents to conduct their affairs, by executing a power of attorney (POA).

A POA is a legal document through which you designate an agent to perform those acts you specify with the same legal affect as though you, yourself, done so. A grantor is the person giving authority in a POA and the agent is the person to whom the authority to act is given. Acts taken by your agents are legally binding on you, the grantor. During a deployment, PCS moves, periods of hospitalizations, or absences from family or home, POAs are useful tools that enable your important affairs (finances, health care, family) to be cared for.

POAs are broken down by scope and duration. The two types of POAs by scope are General Powers of Attorney (GPOA) and Special Powers of Attorney (SPOA). A GPOA is a broad grant of authority authorizing your agent to act on your behalf. Commonly, GPOAs grant authority to buy, sell, manage personal property (cars, bank accounts, investments, household goods), real property (land/homes), pay taxes, authorize child care or medical treatment, sign contracts, etc. A GPOA is often useful between spouses during prolonged deployments or absences or during PCS moves. Because of their breadth in scope, the potential for GPOAs to be abused to the grantor's disadvantage is greater than more limited SPOAs. Therefore, a GPOA should only be given to someone you really trust and for a relatively short duration.

In contrast, a SPOA normally only authorizes your agent to perform one or a few specific acts on your behalf. Common examples include receiving/shipping household goods; buying, selling, or registering vehicles; accessing a financial account; authorizing child care or medical treatment; making healthcare treatment decisions for a person; or signing closing documents to buy or sell a house.

Normally, GPOAs and SPOAs automatically terminate if the grantor becomes incapacitated or mentally disabled.

By exception, a durable POA remains in effect even after the grantor becomes incapacitated or mentally disabled. A Health Care POAs, SPOAs designated a person to make decisions about your medical care, are a common example of a SPOA that would be a durable POA. Normally, the only time you need someone to make health care decisions for you is if you are incapacitated and unable to make decisions for yourself. GPOAs or SPOAs can be durable.

Finally, POAs must be properly created to be effective. To be properly executed, they must be witnessed by a notary.

Remember, caution should be used when giving someone a POA because you are liable for your agent's actions. If your agent signs a loan application or contract, you, the grantor, are legally liable to repay the loan. Your agent should be a mature person whom you trust. You should provide extraordinary caution when providing a POA to someone other than a parent, spouse or sibling. POAs, when properly used, are effective tools in your legal tool kit to make sure your property, children, and even your health, are cared for when you are unable to care for them yourself.

POAs can be obtained on a walk-in basis at the Fort Bliss Legal Assistance Office located in Building 113 on Pershing Road. The walk-in days and times are Monday, Tuesday, Wednesday Friday 0900-1200 and Monday, Wednesday, Thursday, Friday 1500-1630.

For specific questions or legal advice tailored to your situation, you will need to schedule an appointment to speak with an attorney by calling the office at 568-7141 or 568-6513. The CJA office at WBAMC can perform his service in-house for in-patients at the hospital.

AFTB Classes

For more information call 568-AFTB

All classes take place at the ACS Bldg. 2494, Ricker Road.

Level 1

Nov. 7-8 9 a.m. – 2:30 p.m.

Level 2

Nov. 14-16 6-9 p.m.

Instructor Training

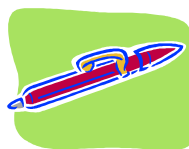
Nov. 28-30 9 a.m.- 2:30 p.m.



Did you know?

If an enlisted soldier takes any of the AFTB (Army Family Team Building) Levels he/she receives a certificate of training. Level I has 8 hours of training, Level II has 20 hours of training and Level III has 18 hours of training. They must submit these certificates to their PAC office (personnel) and then they are awarded promotion points based on the number of training hours they have and their MOS.



Editors Notes**Would Mr. Murphy please leave!**

Do you know Murphy? Yes, that guy who always rears his ugly head making the simplest task turn into a major crisis? How do you handle Murphy? For me, it's a hit and miss operation. Usually I let Mr. M (as he will be known henceforth) get the best of me, wrecking my schedule and ruining all planning.

For example, take this newsletter. I was ready. I had my templates in place, I was all set to get this thing off my desk in record time. Enter Mr. M. who decided to corrupt some files, making me move back to square one and getting the best of me and my schedule. Sorry for the late timing but I am proud to be your newsletter editor and hope to remove Mr. M (and his corruption) from here soon!

This is the season that things start hopping. If you're looking for something to do, look no further than our own FRG. Not only do we have many events going (i.e. – Holly Daze, Yard Sale, Harvest Fest) we're also looking for a few willing folks ready to pitch in and lend a hand.

Like to write? I'll gift you with a newsletter column. Do you enjoy talking to people and meeting people? Volunteer to help as a Point of Contact for the FRG? There are many jobs available and willing hands make fast work. If you want to get involved, contact Mary Fran at lemarho@aol.com.

Another event I would like to remind you of is our annual holiday formal. Now I'm not a formal person but even I had a good time last year! Huge turn out, good food and an excuse to put on something besides blue jeans and tennis shoes. I think the thing that thrilled me the most was the groups of spouses who decided that since their significant other couldn't make the party, it shouldn't spoil their fun. Don't forget to mark Dec. 9th on your calendars now!

That's all from the editor

**HUGS BACK HOME**

A pre-deployment workshop for soldiers and family members

Create a stuffed friend with the ones you love

For More Information, call Kendra at 855-0722 or info@hugsbackhome.com

Upcoming Federal Holidays & Training Holidays:

Training Holiday,
Thursday 9 November.

Friday, 10 November
Veteran's

Thursday, 23 November
Thanksgiving Friday, 24
November

Monday, 25 December
Christmas Day Observed

Tuesday, 26 December

Kudos go out to...

Kudos to Deb Carrasco for doing the Aug/Sept newsletter while we searched for our new editor. She continues to post our newsletter online and does a great job. Thank you. Kudos also to Cindy Barrington (treasurer) and Deb Kembro (secretary) for continuing to keep us legal as well as recording what goes on at our monthly meetings. We couldn't do without you! Thank you to 1SGT Christopher Kuklock and the WBAMC NCOs for helping put on a very successful car wash! You guys and gals are the best!



La Contessa Presents

A Pink Ribbon Affair

Oct. 21 10 a.m. – 5 p.m.



Refreshments, silent auction preview, guest speakers, live classical music

Silent Auction 5-7 p.m.

Tickets - \$5. On sale now at La Contessa 5410 N. Mesa

100 percent of auction and raffle ticket sales go to the Susan G Komen Breast Cancer Foundation.

For more information call 760-8990 or visit www.lacontessainteriors.com

Troop Command & Other Phone Numbers:

XXXXX.....569-2927

XXXXX.....569-2913

TRICARE Appointments.....680-7600

WBAMC Chaplain's Office.....569-2235

After Duty Houser (AOD).....569-2121

Family Readiness Group.....569-2728

Ft. Bliss Army Community Service.... 568-1132

SEPTEMBER AWARDS

ORDER OF MILITARY MEDICAL MERIT

LTC CATHLEEN A. BURGESS

ARCOM'S

MAJ ANTONIA D. AUTRY	ARCOM SVC
CPT JENNIFER D. LORILLA	ARCOM PCS to 31st CSH
CPT JENNIFER ROBINSON	ARCOM ACH
1LT HO SUN CHUN	ARCOM ETS
1LT RANDY J. RAU	ARCOM PCS to Fort Stewart
SGT ISRAEL OROZCO	ARCOM PCS to Fort Sam
SPC RICARDO ALCANTARA	ARCOM PCS to Korea
SPC SAMUEL K.B. ARHIN	ARCOM PCS to Germany
SPC DANNY HOLMES JR.	ARCOM PCS to Korea

AAM'S

CPT ERIC G. VERWIEBE	AAM SVC
1LT EMILIANA ESCUETA	AAM SVC
2LT JOSE G. GUTIERREZ	AAM SVC
SPC ULADZIMIR LARYOSHYN	AAM ETS
SPC ANTONIO LUNA	AAM ACH

COMMANDER'S AWARD FOR CIVILIAN SERVICE

JOHN A. BIELAWSKI	CDR AWD
DOROTHY MARIE ESTES	CDR AWD

COMMANDER'S AWARD FOR CIVILIAN SERVICE

JOHN A. BIELAWSKI	CDR AWD
DOROTHY MARIE ESTES	CDR AWD

COINDANE WIRTEMBERG
TRACEY DINH**PATIENT SAFETY AWARDS**MRS VICKI JACKSON
MRS MARY JENKINS**YEARS OF SERVICE**

EARL G. BREVARD	40YRS
CECILIA RODRIGUEZ	40YRS
SARAH A. SMITH	40YRS
TYRA L. DEAN	30YRS
VANESSA JACKSON	30YRS
TERRY D. KAY	30YRS
JOHN W. DIGMAN	25YRS
DAU THI ZADAKIS	25YRS
JOSE HERNANDEZ	20YRS

EMPLOYEE OF THE MONTH

ANGELA SCHOPPET-HOLT CERT

AMERICAN RED CROSS

<u>PAT ON THE BACK</u>	
ANN CIANCIO	CERT/COIN



Welcome to CPT Jennifer Robinson our new Co. A Commander. Good luck to CPT Stuart Godwin on your future endeavors. Thank you for all your help!

AUGUST AWARDS

ORDER OF MERIT

LTC CATHLEEN BURGESS

MSM

MAJ ROSANN M. BIERMAN

SSG RAMON CASTANEDA

ARCOM'S

1LT JEFFREY SMITH

SPC DAVID CARPELLA

SPC ERIC PELKEY

SPC STEVEN TUCKER

AAM'S

LTC CHRISTINE M. LEECH

SPC MANUEL HERNANDEZ

NCO/SOLDIER OF THE QUARTER

SGT DOUGLAS WESTBROOK

SPC MICHAEL SOLTER

COMMANDER'S AWARD FOR CIVILIAN SERVICE

CECILIA FLORES-WILSON

ACHIEVEMENT MEDAL FOR CIVILIAN SERVICE

DONNA PETTIT

MARC SARVER

MCHM-PER

COIN

MR. DANE WIRTEMBURG

MSM PCS to WBAMC

MSM RET

PCS to WBAMC

ETS

PCS to Camp Coiner

PCS to Ft Bragg

ACH

ACH

AAM ACH

AAM(x2) ACH

YEARS OF SERVICE

GILBERTO V. ROQUE

CECILIA FLORES-WILTROUT

JOSE E. RAMIREZ

MAGDALENA A. TERRY

CHARLENE L. WILL

JESUS C. LOPEZ

EMPLOYEE OF THE MONTH

ROSALINDA CARREION

AMERICAN RED CROSS**PAT ON THE BACK**

DEBORAH ADRIAN

MARY HETZ

KATHERINE MCALLISTER

LIN MOONEY

CUSTOMER RELATIONS EXCELLENCE CERTIFICATE

CENTER INTEGRATED MEDICINE

30YRS

25YRS

25YRS

25YRS

25YRS

20YRS

CERT

CERT/COIN

CERT/COIN

CERT/COIN

CERT/COIN

CERT

Family Member Employment Assistance Program

The military lifestyle presents unique challenges to military spouses who are looking for employment due to frequent relocations. Additionally, it is widely recognized that successful spouse employment assists in retaining the career Active Duty service member. As a result, The Family Member Employment Assistance Program (FMEAP) was created to specifically address the employment needs of today's military spouse by providing them with the tools they need to successfully search for and obtain employment.

The FMEAP is located inside Army community Service, Bldg. 2594, Ricker Rd. Inside our office is a well-stocked library with books on careers, resumes, cover letters, interviewing, federal jobs, and entrepreneurship. One-on-one career counseling is available to help military spouses identify goals and the necessary steps to achieve them. Additionally, the FMEAP provides a referral service to local employers. We keep listings of current vacancies available throughout the community and offer classes specifically designed for military family members.

To register for classes sign up at ACS or Call Shannon Branson at 568-7088 or 268-2673.

Informative Websites

<http://www.operationhomelink.org/> - Free computers for spouses or parents of deployed soldier in ranks E1 - E5.
https://store.primediamags.com/soldier2/service_member_pg.html - Free magazines, up to 3 choices, for deployers.
<http://www.prweb.com/releases/2004/2/prweb106818.htm> - freemail/gifts sent to children of deployed soldiers.
<https://www.operationuplink.org/> - Free phone cards.
<http://anysoldier.com/ForSoldiersOnly.cfm> - To sign up for sponsoring soldier care packages for theater. <http://www.operationshoebox.com/> - free shoebox care package.
<http://www.treatthetroops.org/> - free cookies.
<http://bluestarmoms.org/airfare.html> - lowest airfare available.
<http://bluestarmoms.org/care.html> - free care packages.
Please visit www.blissmwr.com for more information on regularly scheduled activities and MWR facilities.
<http://www.estripes.osd.mil/> for the Stars and Stripes Newspaper
Army Once Source is a 24-7 information and referral service available to active duty and demobilized National Guard and Reservists, deployed civilians and their families world wide.
www.armyonesource.com

<http://66.241.249.83/> - free air conditioners/heaters. <http://www.heromiles.org/> - free air travel for Emergency Leave, and for the family members of injured soldiers to travel to a medical facility.
<http://www.bluestarmothers.org/airlinespecials.php> - Airlinediscounts for R & R.
<http://www.booksforsoldiers.com/forum/index.php> - free books, DVD's, CD's.
<http://www.militarymoms.net/sot.html> - free care packages (your family member signs up to have sent to you).
<http://operationmilitarypride.org/smsignup.html> - free care packages.
http://www.soldiersangels.org/heroes/submit_a_soldier.php - get adopted to receive stuff.
<https://www.treatsfortroops.com/registration/index.php> - free gifts and care packages.
http://www.defenselink.mil/news/Nov2004/n11232004_2004112312.html - free shipping/packing materials for shipping to troops.
<http://www.spousebuzz.com/> - virtual Family Support Group.
The post office will mail you priority boxes, labels, & tape free of charge. www.usps.com or 1800-610-8734

WBAMC-Family Readiness Group

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